

(TMI Journeys - February 2018)

DREAMS FOR DIAGNOSIS AND HEALING

by Larry Burk, MD, CEHP



Larry is an integrative physician and musculoskeletal radiologist, trained in hypnosis, acupuncture and EFT. He was co-founder of Duke Integrative Medicine, a founding board member of the American Board of Scientific Medical Intuition and former board president of the Rhine Research Center. He is author of Let Magic Happen: Adventures in Healing with a Holistic Radiologist.

10 Steps to Interpreting Your Dreams

For the past five years, I've been a member of the International Society for the Study of Dreams (IASD), where we use a specific protocol for dream interpretation. Medical intuitive Winter Robinson and I use this format in our morning dream sharing during our weeklong Medical Intuition & Symbolic Healing workshops at The Monroe Institute. These discussions are synergistic with the Hemi-Sync intuitive imagery exercises that follow every morning. The combination of these two mind-expanding approaches yields many powerful spiritual, physical, and emotional breakthroughs for participants during the week.

As a radiologist, I've always been interested in the latest breakthroughs in diagnostic methods. I started keeping a dream diary in 1987 and soon discovered the potential for the dream detection of illness when I dreamed about my father's kidney cancer a week before it was diagnosed. Then in 1999, a friend described how she diagnosed her own tongue cancer when a spider in her dream crawled out of her mouth. When the initial biopsy was negative she got a

dream "second opinion" courtesy of Major Hot Lips Houlihan and Dr. Charles Emerson Winchester, characters from the M.A.S.H. TV show, which proved to be correct.

In 2004 another friend told me her story of having a vivid precognitive dream about breast cancer where she was being operated on by a woman surgeon. Even though she had no symptoms she promptly went for a mammogram, which was normal. However, she insisted on having an ultrasound done, against the wishes of the radiologist, and found the cancer. A few weeks later she had a lumpectomy by a woman surgeon who she recognized from her dream. In 2012 I heard another similar story from a physician friend, and then, a third friend died of breast cancer after her warning dream was dismissed by her doctor.

These stories prompted me to do a scientific survey of 18 women from around the world who had warning dreams of breast cancer, which was published in *Explore: The Journal of Science and Healing* in 2015. After the paper was published I began receiving reports of dreams that warned of many other types of cancer, including brain, colon, lung, ovarian, skin, testicular, and uterine cancer. Those stories are being published in my new book *Dreams that Can Save Your Life: Early Warning Signs of Cancer and Other Diseases*, scheduled to be released April 17, 2018. My co-author Kat O'Keefe-Kanavos participated in my study after being assisted in diagnosing her breast cancer by robed Franciscan monk guides in her dreams.

Also included in my new book are stories about the use of dreams in healing. My favorite is from Wanda Burch, author of *She Who Dreams*, and one of the dreamers from my study. She described a dream where the toxic chemotherapy ran down from a bag on an IV pole and turned into energy food as it passed through the tube into her arm. She used that dream to create a guided meditation that she used during her chemotherapy and had fewer side effects than any of the other patients treated by her doctor.

Another healing dream was from Dana Anderson, who had a dream that guided her to a cure for her metastatic uterine cancer. Aliens came in a silver saucer spaceship and told her she needed to take Interferon. It was an experimental drug at the time that she had never heard of. When she told her doctor about her dream he was so impressed that he wrote her a prescription. It boosted her immune system, creating a remission that proved to be a permanent cure.

Based on these experiences, I will say with certainty that dreams can and do give us life-saving information. So, how can you take the greatest advantage of this potent opportunity? I recommend

10 steps to keeping a Dream Diary and interpreting your dreams:

- 1) Set your intention to remember your dreams by placing a dream diary, a pen, and a flashlight right next to your bed and within easy reach.

- 2) Ask a question you would like to have answered in your dreams. Add the intention that it be easy to understand and interpret.
- 3) Let go of expectations and surrender your left-brain concerns of the day as you float into the right-brain world of dreams.
- 4) If a dream awakens you in the middle of the night, it is likely bringing you an important message. Write it down immediately.
- 5) First thing in the morning, even before you get out of bed, write down all the dreams you remember. Don't do anything else until you have done this.
- 6) Circle any words that seem to be unusual or out of place and look them up in a dictionary to check for word play or unexpected puns related to your question.
- 7) Consider the dream from the personal, shadow, warning, sexual, social, archetypal, synchronistic, and precognitive perspectives.
- 8) Check for any recurrent theme from past dreams and pay attention to any animals that visited you in the dream world.
- 9) Finally, ask yourself, "What does the dream want?" Seriously consider the possibility that the spirit world may have a question it wants you to answer in return.
- 10) Sharing the dream with someone who can provide candid feedback may provide a fresh perspective and additional insight.